

Variable	Mean	SD	Min	Max
Age	38.5	10.5	25	55
Gender	Male	Female		
Marital status	Married	Single		
Education	High school	College		
Occupation	Manager	Worker		
Income	Low	High		
Health status	Good	Poor		
Stress level	Low	High		
Life satisfaction	Low	High		
Self-esteem	Low	High		
Depression	Low	High		
Anxiety	Low	High		
Loneliness	Low	High		
Resilience	Low	High		
Optimism	Low	High		
Gratitude	Low	High		
Forgiveness	Low	High		
Compassion	Low	High		
Kindness	Low	High		
Generosity	Low	High		
Patience	Low	High		
Humility	Low	High		
Modesty	Low	High		
Shyness	Low	High		
Introversion	Low	High		
Extroversion	Low	High		
Social skills	Low	High		
Communication skills	Low	High		
Problem-solving skills	Low	High		
Decision-making skills	Low	High		
Leadership skills	Low	High		
Teamwork skills	Low	High		
Conflict resolution skills	Low	High		
Emotional regulation skills	Low	High		
Stress management skills	Low	High		
Time management skills	Low	High		
Organization skills	Low	High		
Planning skills	Low	High		
Goal setting skills	Low	High		
Self-discipline skills	Low	High		
Perseverance skills	Low	High		
Resilience skills	Low	High		
Optimism skills	Low	High		
Gratitude skills	Low	High		
Forgiveness skills	Low	High		
Compassion skills	Low	High		
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Forgiveness skills	Low	High		</

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